

# PISTA Programs

For Partners in Wellness

# What is PISTA?

- A scientific method based on 40 years of research in sound, frequency, biofeedback, and brain stimulation
- PISTA stands for: Processing Inner Strength Through Actualization
- Uses frequency to regulate and optimize the brain's ability to process information
- When the brain is working at its most efficient, we can:
  - ✓ Learn quicker
  - ✓ Remember more
  - ✓ Manage our emotions
  - ✓ Make better and faster decisions
  - ✓ Make progress towards desired goals

# What is the PISTA method?

- PISTA is a self-directed programme based on scientific methods.
- The programme is carried out under the supervision of a certified PISTA coach.
- The PISTA coach guides the client throughout the learning process.
- The client works through different PISTA modalities and reports back to the coach regularly.
- The programme incorporates the PISTA device, using both sound and vibration, to optimise the thinking process.
- Each programme is conducted face-to-face and over online sessions. Clients are also given homework by the coaches.
- The client has access to 24/7 support throughout the programme.
- All coaches are backed up by the core team of PISTA experts so the client also gets assistance from a bigger support group.

# Who is the PISTA Team?

- The PISTA Team is made up of the PISTA Global Research Team and the PISTA Coaches.
- The PISTA Global Research Team is a multi-disciplinary team of professionals:
  - Scientists and Researchers
  - Medical experts
  - Psychologists and Child Development experts
  - Education specialists
  - Business professionals
- All PISTA coaches are certified in PISTA.
  - ✓ Must complete a three training programme
  - ✓ Works with and are supervised by the PISTA team subject experts
- Certified PISTA coaches and the PISTA Global Research team collaborate to bring together latest scientific findings, research and experience to ensure clients of all ages can have the breakthroughs they need and desire.

# What does PISTA do?

- PISTA is used globally across different cultures and age groups to help achieve different goals, interests and needs.
  - ✓ Business management and entrepreneurship
  - ✓ Career setting and development
  - ✓ Empowerment of individuals and teams at work
  - ✓ Academic and non-academic learning
  - ✓ Self-improvement (confidence, language, speech, behaviour)
  - ✓ Emotion regulation, pain and stress management
  - ✓ Sports performance improvement
  - ✓ Daily physical health improvement

# Who can benefit from PISTA?

- Business owners, CEOs, entrepreneurs
- Managers, team leaders
- Sales and marketing, advertising and creative teams
- Medical professionals, health institutions
- Educators, sports coaches
- Students
- Job seekers
- Families and individuals

# How does PISTA work for partners?

- PISTA Partners become part of a comprehensive network of multi-disciplinary professionals working together to enhance the quality of living.
- As a PISTA Partner, you benefit from:
  - ✓ Being affiliated with the PISTA global team of professionals
  - ✓ A license to leverage the PISTA method to advance your profession, organization, company, or business
  - ✓ Privilege to collaborate with PISTA in different initiatives and studies, and learn from PISTA's 40 years of scientific research
  - ✓ Being part of continuing research and development of programs that improve lives

# Why do clients choose PISTA?

- Industry Expertise - 40 years in research
- Master Level Specializations. The PISTA Team are subject-matter experts-- the best in their fields.
- Global Reach, 24/7 support
- Successful PISTA cases
- PISTA certified, committed team



# PISTA Training Programs and Online Courses

- PISTA Life Programs
  - Mind and Mend, PISTA Sports Academy, Wellness for Women, Stress Management
- PISTA Work Empowerment Programs
  - Training for Corporate and Young Entrepreneurs, Program for University Graduates, Employees Development Program
- PISTA Languages Programs
  - English Conversation Program, English Social Skills Program, Storytelling
- PISTA Training for Professionals

# Contact Us

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: +65 9795 8600 (Singapore)  
: +86 159 9989 7558 (China)  
: +86 132 6937 6516 (Hong Kong)  
: +33 6 11 56 16 98 (France)

[www.pistatherapy.com](http://www.pistatherapy.com)